

SHOW NOTES:

In today's episode, Dr. Warren Willey discusses the topic of protein with his guest, Rich Bradford. Warren jumps onto a group webinar in this episode to answer questions, and discuss topics regarding protein and gut health from a variety of people. They discuss the power of protein, why you need it, and how it affects gut health. Tune in to hear the discussion now!

Websites mentioned: drwilley.com

Books mentioned: [Better Than Steroids](#), [Obtainable](#)

TRANSCRIPTION:

Warren Willey: [00:00:41](#) Hey, we're moving here. Welcome to another episode of RecoverMe podcast. Remember, RecoverMe medicine is the medicine that we choose where you are can change your stressors, but I can help your body mind deal with them better. This is a fun podcast because it's a little unique for those of you who like to watch podcasts. You ain't going to be able to see squat on this one. This one's all audio. I have the honor to set up webinars with groups of people around the country and one of my favorite things to do and it seems to be popular out there, is for people just to call in, get on the Webinar and asked me any sort of health question they can think of. It's a lot of fun. It allows me to have to think, allows me to go off on tangents, which I'm really good at and it's really fun.

Warren Willey: [00:01:25](#) So this one was with a group of wonderful people out of Colorado. We got on a couple of topics even though there's a ton of questions asked. There was two primary topics we discussed. The first one was the power of protein and the second one was on gut health, so hopefully you'll get a lot out of listening to this podcast. This, I'll give you some ideas if you're interested in setting up something similar to that, we can do it. So we're gonna jump right into. The first question was a little cutoff. The question was tell us about the power of protein and we'd go from there. So hope you enjoy it,

Man 1: [00:01:59](#) It's good for you. Is there a level that's not good for you? What happens if you have a low protein and what? Because they're a little protein and that kind of stuff would be a nice start probably. And then we can go from there.

Warren Willey: [00:02:13](#) Sure. Absolutely. Well first of all, it's always, always good to refresh your memory as to what a protein is because I actually had a couple

of purely plant based eaters in my office today, which is a very healthy way of eating. If you can get in your protein amount, especially for a couple of their goals. One of them wants to be a get into the fitness bodybuilding world.

Man 1: [00:02:43](#) I hear some talking in the background when I'm hearing.

Warren Willey: [00:02:54](#) So protein, as you recall, is anything that walked, crawled, swam, or flew at one time.

Warren Willey: [00:03:02](#) Any animal base is a complete protein. And that's where we have to distinguish with our wonderful plant based eaters is where's the protein coming from? And what else is with it. Protein, just as a refresher, again contains four calories per gram, so if you 10 grams of protein, you get roughly 40 calories from it and proteins are made up of amino acids, of which there's essential, nonessential and what we call semi essential, essential amino acids. You have to get in your diet, a nonessential amino acids your body can make from other amino acids. And then similarly essential amino acids, probably the most well known ones called Glutamine. Glutamine is a primary, amino acid in the muscles. And if you're a weight lifter, heavy exerciser construction worker, heavy worker of some sort, then Glutamine becomes semi-essential because you burned it all up. Your livers very quick to tell your biceps to give up its Glutamine so it can turn it into sugar to feed your brain.

Warren Willey: [00:04:09](#) And that's a prime importance as the word protein means, because from the neck down. You guys have heard me say this entire job is to keep the neck up alive. And so if my brain needs sugar, it's going to smoke my biceps of Glutamine to turn it into sugar through a process called Gluconeogenesis. And that's why taking protein in, which is one of the many reasons actually taking protein in on a regular basis is so important because especially if you're a heavy worker under stress in the hospital going through a rough relationship, anything that breaks down protein in your body has got to be replaced. Proteins essential for muscle contraction and movement. It makes your hormones, it's the basis for most of your hormones. It's required for activation of selected vitamins. B vitamins in particular. It's basically involved in everything.

Warren Willey: [00:05:09](#) Regulatory, metabolic, physiologic, everything your body do or does protein is involved with. And from a dietary side, proteins are the most feeling. In other words, when you eat protein, you feel more satisfied than when you eat carbs or even fat. It's estimated that protein is more expensive to burn in your body. In other words, it has the highest metabolic

needs to utilize it, compared to protein and fat. And that's basically because when you eat protein, your body will replace your muscle protein with that good protein. In other words, there is a constant process of protein degradation or breakdown and protein buildup, as long as it's adequate in the diet again, and when you eat protein with Carbohydrates, it help keep blood sugar and track. So if you're dieting, you're insulin resistant, you're diabetic, and let's say your favorite thing in the world is a bowl of ice cream every night. That's great. Have it with some protein though. Throw some nuts and seeds on it. Have a scoop of peanut butter with it. Something to help slow down that sugar rush. That's just some of the many things protein does. Any questions on any of that? That I just covered?

Man 2: [00:06:31](#) You mentioned that protein filling. But then also that is made up of, you know, the essential, not essential and essential amino acids. So for people that are getting it from plant based, that's not protein. Is that protein, is that amino acids and does that as filling then? Or is there something else in protein that's making it filling?

Warren Willey: [00:06:55](#) Great question. So let's cover that. Vegetable sources are great sources of protein, but you have to combine them. So that's why we want to differentiate, a complete protein like you find in meat, or let's say a protein drink like a way or case in powder and vegetable protein, which you have to combine. That's why you find peas and carrots in the frozen food section together because peas and carrots make a complete protein, your rice and another great example makes a complete protein. When you have that complete protein, then yes, it is more filling. The way it works is protein works on a hormone in your gut called Ghrelin. Ghrelin, I like to nickname the road rage hormone because when you're super hungry and people are going to die unless you eat, that is Ghrelin, and protein slows down Ghrelin response. In other words, it turns it off.

Warren Willey: [00:07:52](#) And so you're not raging for food anymore when you eat it in combination with rice and beans, it works the same way. It slows down Ghrelin response and you feel more satisfied and happy. The issue with that is if you are calorie conscious, if you're insulin sensitive or whatnot, along with that complete protein of rice and beans is all the carbohydrates with it. And that's why a lot of people really argued the, the, the carnivores in the world argue, well you need a meat source so you don't have those extra carbs in your diet. To me that's more very person specific. I've worked with a couple very talented top level bodybuilders that are vegetarians, but they're not insulin resistant. They have no metabolic issues. Their hormones are perfect, right? So they have everything lined up to be able to eat a plant based diet and still maintain a great degree of lean mass and

muscle. So that's why I dislike when you started seeing posts on Facebook, they're cut down one food group and lift another one or rip one. You just can't do that because it's such an individual. So specific to the individual as to what they can and can't do that making a broad generalization that meat's good plant based people are a bunch of hippies is not appropriate. That answer your question there?

Man 2: [00:09:22](#) Yes. Thanks.

Warren Willey: [00:09:24](#) Awesome. So again, your best protein sources, any animal product. So dairy's an animal product, a goat's milk is an animal product. Nuts and seeds are great sources of protein. Those come in all sizes, shapes and forms. A little shout out to my absolute favorite type of seed because it's the time of the year's pumpkin seeds. One inside advantage of pumpkin seeds. So everyone knows pumpkin seeds have the highest source of natural magnesium in nature. And so everyone's mag levels should be at their peak this month and next month. Eating pumpkin seeds, vegetable sources we talked about process proteins are like your milk products, casein and whey, soy, egg, all those, or where you get them to where, where people have issues with them are some of the professors concerns, from probably nonprotein lovers out there. And those are fourfold.

Warren Willey: [00:10:30](#) I'll list them and then I'll explain each one. Kidney damage. Poor bone health, increased cancer risk and heart disease. Those are the big four protein arguers, people that don't like the higher suggestive loads of protein that we have. Some people do. So let me cover each one of those for you. The first one, kidney damage. All of the research on that has been done in people with kidney damage already. So people that are close to dialysis or on dialysis, yeah, they're total protein intake, should be a slightly on the lower side, but there's never been a study to show that people with normal kidney function have any issues with protein. And the Swedish Institute of Sports Medicine did a couple of studies at three to five grams per pound, a scale weight in athletes over months and saw no changes in kidney function. Very important to know.

Warren Willey: [00:11:28](#) Now that being said, back to the individual, some people, the high protein, particularly the process proteins. So if someone has two or three way protein drinks a day, they might have a slight bump in their Creatinine level and their kidneys, which would make any doctor out there say, "oh, your kidneys are stress", but it's not. There's never been a study to show that's long term issues if they cut back on their protein drinks and go to real food. We see that Creatinine level drop. So hopefully that'll clear up a little

bit about kidneys. Just an FYI, the nephrologists here in my town, the kidney doctors send all their weight loss patients to my clinic and we put them all on .8 to 1 gram of protein per kilogram, which is the even higher than the RDA and these are people in renal failure and they all seem to do fine. But they do better everywhere else in life because again, everything I told you that protein does from boosting the immune system helps them to maintain some lean mass and individual functioning.

Warren Willey: [00:12:34](#) That's why all the nephrologists use us in town because it really spares function when protein is adequate amount. There was some research on poor bone health and high protein levels. The problem with that research, when you really read it, when it was done in men and women who already had Osteoarthritic changes, so they already had some bone loss and two, it was when Calcium wasn't adequate in the diet. Hence the poor bone health and higher protein has been said to quote leech Calcium from the bones, but that's been very well disproven when you are taking enough Calcium in your diet. And I'm not a big fan of Calcium pills, so I try to get the natural dietary Calcium, my personal favorite sources, almond milk, it has roughly 30 percent more calcium than dairy, but I eat a lot of cheese and have a glass of milk here and there.

Warren Willey: [00:13:33](#) And homemade yogurt. All those, that's your. And then all your Greens, your vegetables are natural sources of calcium. So when your protein content is high, but you're eating all your greens and some almond milk or whatever floats your boat, there's no issue with bone health. The cancer argument is because they looked at protein from meat sources. So, they didn't account for high saturated fats in the primarily beef, in some of the studies that said there may be a link between cancer rates and protein content and so that just shows you, there's other variables involved here, and when you're dealing with cancer, heart disease, something that's so multifactorial, you cannot in any way, shape or form, point your finger at one thing. There's always other issues involved. So that data, as far as pure protein has also been kind of pushed aside by most of the medical experts in those fields saying an adequate protein diet, low saturated and trans fats is a very cancer protective and heart disease preventative eating plan.

Warren Willey: [00:14:53](#) A lot of the plant based research for, um, heart disease came from a guy named Dean Ornish out of San Francisco and he showed that a strict vegetarian diet actually reverses coronary artery plaques. Again, you can't hang your hat on that. The only variable, all these people were meditating, doing yoga there on a number of supplements. So when they did these and demographic studies showing decreased plaques with a plant based diet, they were also doing everything else right. So just something to

be aware anytime you read a study or see a post on medical fact, always be suspicious and think of as many variables as you can that might not have been accounted for with those. Any questions on that? Because I know Rich said there was some concern about higher protein amounts. So,

Man 3: [00:15:45](#) I heard you say one gram per kilogram, not one gram per pound, right? That's the recommendation? I thought I've heard one gram per pound before.

Warren Willey: [00:15:58](#) Yes. The one gram per kilo is what we do for renal patients, people on dialysis.

Man 3: [00:16:03](#) Got you. Okay.

Warren Willey: [00:16:04](#) For you guys, my recommendation is all one to one point two gram per pound. Because you're not in kidney failure. So the RDA recommended dietary allowances for protein is .8g per kilo. So it's a very small amount compared to what we usually suggest in the world of fitness, weight loss, recovery, etc.

Man 4: [00:16:35](#) Why is that so low?

Warren Willey: [00:16:38](#) You know, that's a good question. And of course if I get on my conspiracy theories box, I'll say because the ag industry is a lot more powerful than the meat industry. But I think that when those recommendations are made, those are all made in the 50s and 60s. I think it was a very different world. We didn't have the stressors. We didn't have a lot of disease states. Everyone was still active because they didn't have iPhones or iPads or TVs, right. It's just such a different world that that low amount probably was sufficient for health back then. It's a different world today and those recommendations should have changed because of the highest stress high activity go, go, go type A personality traits that were all told we have to have. We're just now recovering as well in that lower amount of protein. So that would be my guess.

Man 4: [00:17:35](#) That's good.

Warren Willey: [00:17:38](#) Any other questions about concerns and just to repeat those kidney damage, bone health, cancer and heart disease are the big four.

Man 5: [00:17:45](#) Since you're talking about kidneys and everything, are there a certain amount of water that you should be intake for especially if you're taking more protein?

Warren Willey: [00:17:54](#) Oh, great. Great question. So your water recommendations are tough. There's so much argument as to how much is enough by the American College of Sports Medicine standard, they suggest .6 in a fluid ounces .6 fluid ounces per pound to scale weight. So roughly, if you know if you're 150 pounds, 90 fluid ounces is what they suggest. Now, that changes with exercise. That number actually goes up to .75 fluid ounces per pound to scale weight, so at that tries to account for the vigorous activity, losing water, losing electrolytes and whatnot, but those, I run into studies that combat that and argue that all the time.

Warren Willey: [00:18:44](#) There is something called Psychogenic Polydipsia where people drink so much water, they suppressed sodium because you remember your electrolytes in your system are all very finely tuned. If you drink too much water and dilute your sodium, you can die. A lower sodium in your brain actually swells and you die. That's a ton of water, a lot of water to do that, but I've seen it, I've seen people in psych wards with Psychogenic Polydipsia and we have to turn off their toilets or showers. Uh, I mean they'll drink right out of the toilet trying to get water. Yes, It's crazy.

Warren Willey: [00:19:22](#) So my general recommendation is you want to drink constantly while exercising. And then while you're up and awake, try to take a good swig of water every 15 minutes and it seems following osmolality studies in your urine, which we do hear that that is an adequate amount. You're not dehydrated, you're not over hydrated. And really that's all your body needs. Now, some people like to drink more drinking cold water, loge changes your appetite. Some people feel better when they drink more water. So again, that's back to that individualization of health. Do what's best for you, but at the very least, I suggest that drink of water every 15 minutes while awake. The simplest way to do it. So, good question. Yes, really good question. So back to just who would need higher protein content. I think that's important to differentiate that.

Warren Willey: [00:20:22](#) It would be anybody who's athletic or training. When you're sick, you need more protein, stressed. I was just talking about our world today. A needs more protein, maintaining or losing weight dieting practices. All these people need protein. But again, it's so individualized. It's tough to really tell you exactly, okay, this is how much you need. Now, what I can tell you is what defines a good protein that's very important is what is a good protein, because I always like to joke that the quality of proteins more than comparing spam to sirloin, it's really what else is involved with this protein. So when I look at a food, I look at the protein content, but you also have to look at the fat and carbohydrate content of that protein, your total calories

how quickly it's absorbed. That's a very important point because of the hormonal response to food and micronutrients involved with the protein.

Warren Willey: [00:21:19](#) For example, fish is a great source of B-vitamins and Omega 3 fatty acids. So thinking of other micronutrients when I'm picking a good quality protein, and then cost, cost is very important because, like I said, the people that need more protein are usually higher stress and if they spend all their money on protein, they're going to be more stressed, terrible. So that's very important when you look at the amount of calories or other macronutrients. Some ones with good combos that are well balanced would be your dairy, your beans and nuts and seeds. Those are great balance of carbs, protein and fat. Those are very, very good foods. They are slightly higher in calories. So if you're calorie conscious, having six bags of almonds a day is probably not a good idea. Obviously, high fat meats, so your marbled steaks are probably not as beneficial as your leaner steaks.

Warren Willey: [00:22:15](#) And then if you're doing protein powders or bars, consider the carbohydrate source, particularly if it's anything artificial. I just faced all my artificial stuff. How about corn syrup? High fructose corn syrup, rice syrup, mannitol, that's a sugar alcohol, sucrose, crisp rice is another one you'll see a sweetened with, those are all things to consider it because, especially the artificial sweeteners can cause issues in some people. Some of the lower Glycemic sources found in these protein powders and whatnot or anything that end with OL. Those are your sugar alcohols like mannitol, lactitol, glycerol. The problem with those is anything with an OL tends to cause loose stools and people. So again, you have to make it a very specific to you. The other thing with quality protein is the speed of absorption. The faster absorbing proteins are going to be, for example, greater benefit following exercise because you want that hormonal response right away. But someone who's metabolically challenged or has insulin resistance or whatnot, you probably don't want to drink your protein. You want to chew it so it's slowly absorbed more slowly and you don't get such a massive rush of insulin and all those hormones that are trying to get after it.

Warren Willey: [00:23:44](#) So that's just something to think about there. I tend to enrich know that and all you guys have talked, we've talked for years, you know, I'd much rather you chew your food and drink it just because there's so many advantages to how your body responds to the food with chewing versus drinking it, so something to consider there. The micronutrients, the two, like I said, cold water fish is an excellent source of vitamin B12 in particular, Omega 3 fatty acids, beef and chicken are good sources of zinc and iron depends on where you get your chicken. The protein powders are Usually fortified with calcium, whatever that's worth.

Warren Willey: [00:24:25](#) I'm trying to think of any other protein. Oh, the Phytoestrogens in soy protein. Why I'm not usually a big fan of soy, but those are there too. Cost wise I think was the other thing I mentioned costs to give you some cost examples. Tuna is cheaper than red meat. Red meat is cheaper than dairy and a lot of the supplements are cheaper than even that. So when you're concerned with costs and your protein, I think that has to be considered too. Back to the individualization of your protein intake. Anything else you want to cover about protein? I think I talked for awhile there. Sorry.

Man 5: [00:25:01](#) There's other questions that other stuff too, but that's great. That was great information.

Warren Willey: [00:25:07](#) Yes. I got to record it for you.

Man 5: [00:25:10](#) Alright, because that's a question from people that aren't here, so thank you.

Man 6: [00:25:16](#) Quick question on protein digesting. Obviously, like you said, it's better to eat it. Is it? If you really want to get a lot of protein, would it be good to eat something small, protein wide mix approach and drink with it just to get everything from saliva test and go?

Warren Willey: [00:25:32](#) Yes, absolutely. You don't drink in your protein isn't necessarily bad. I didn't mean to make it sound like that. If you, if you don't have insulin resistance are any metabolic issues, you can drink all you want, that's not going to hurt you. Just the response, the body's system works better. The second you smell food, all the hormones start to wire up. When you start chewing food, it stimulates enzymes in your mouth and your salivary gland, your pancreas to start kicking in and so your body's better prepared for that food. So it could be argued that it's process better when you chew versus drinking. So combining a protein drink with a peanut butter and jelly sandwich or an apple or something where you're chewing. Yes, that's a great option for you. Again, if you don't have to worry about anything metabolic. Okay, great. Thank you. Yes, you bet. Good question. What else do you good people got?

Man 7: [00:26:32](#) I have a question. One of my clients, just curious if, uh, multiple times a week, do you think they should up their protein amount or should they keep it consistent to the one gram per kilogram?

Warren Willey: [00:26:47](#) I would say in general, how are they recovering? Are their goals being hit? Are they feeling okay? They're not excessively tired after

exercise or they're not being woken up in the middle of the night because they can't sleep. Um, that would be more of a question. If they're recovering appropriately then there are proteins, probably fine. If they're not, they may want to change that macronutrient content a little in their diet and see if that helps. Okay. Thank you. Yeah. Good question too. what else? You got? Richard, you're on mute. Rich. And unmute yourself sir. Right. Sorry my dog. So I'm afraid there isn't working. Oh, gotcha. I thought your wife might have liked that button. That's why she put it there. That's what I thought. Because you first do the morning when I wake up and I'm like flying around here. So had a question about gut health.

Man 7: [00:28:01](#) Can you ask him about fixing gut health? Lori? Cortisol. And he says, I struggle mostly with my stomach.

Warren Willey: [00:28:14](#) Sure. Oh, that's, that's, that's a good one. Because gut health is so important to your overall health, which everyone kind of knows. Now, let me give just some basic anatomy of the gut to help you understand how to optimize it. The first thing anatomically that people need to realize about the gut is the separation from the outside to inside is one cell layer thick. That's it. So you can imagine anything rough, high cortisol levels, toxins in your environment, processed foods breaks down that one cell layer thick, the different shades inside for outside. And what I like to do, I wish my camera was here, but I take. I like to do this little analogy. I take a pen and I put it on my forearm and run it up my forearm into my mouth and then pretend I've never lift the pen as I go through that whole tube called the gut until I come out the other side.

Warren Willey: [00:29:12](#) And that's just to emphasize that that tube is outside your body and because of that, your immune system, 80 percent of your immune system and lymphatic tissue surrounds that too. It's as if the good Lord knew if you're going to get exposed to something you shouldn't be exposed to, it's going to come in your mouth, right? So with that one cell layer, thick lining gets beaten up or destroyed and you get that quote unquote leaky gut, which you've heard about. That's what triggers all sorts of issues with your body because your immune system's right there and says, what are you doing? And just some quick anatomy on immune system. So when you were a tiny baby, you had a huge gland under your chest bone called the Thymus. And the Thymus is kinda like your immune system's bootcamp. And so what little Thymus cells little T cells would do, they run out to your, let's say they'd run out to your knee and they'd come back with a piece of your knee tissue and it would ask the sergeant at the bootcamp, "hey, is this good or bad?"

Warren Willey: [00:30:19](#) And the sergeant would say, that's your knee at dominion. It's smack him, right? And then everyone in the Thymus would know that, "okay, don't leave the knee alone." But let's say another guy ran out and found a bacteria or a virus floating around, brings it back to the Thymus says, "good job. Those are bad." So your Thymus literally trained your immune system to recognize self from nonself. Now part of that, when your gut linings normal and you eat your digestive enzymes to start with your teeth and salivary amylase, pancreatic enzymes, the way your stomach churns the acid in your stomach, the bile that comes from your liver and gallbladder, all these things break down food into their basic components. So, your carbohydrates get into sugars. Your fats are grabbed by bile and transported across that single layer in something called Chylomicrons. And then the amino acids are broken down to individual, excuse me, protein is broken down into individual amino acid constituents.

Warren Willey: [00:31:20](#) Your body, if your gut is functioning well, these sugars, fats, and amino acids are being absorbed and your immune system leaves them alone. They say, "oh yeah, that's supposed to be here. That's feeding me." When the gut gets broken down, and again, I've said this and I'll say it again, the number one reason for gut breakdown is high cortisol levels, so stress. Then your entire tube doesn't work as well because the salivary enzymes, the pancreatic enzymes, the bile, the way the stomach churns, or let's say you're taking a bunch of antacids because you have reflux. So now you don't break down protein at all, so larger than amino acid proteins called Peptides. So you have amino acids and Peptides, that whole Proteins, these Peptides that aren't broken down into their individual amino acid constituents slip across that leaky gut into the immune system and the immune system sees it and goes, "wait a minute, I don't recognize that protein that is a foreigner" and it, because it's not been trained in Thymus bootcamp that that is okay, it attacks it. Well, just like any good military, if you have an enemy, you don't just attack, you build up a full army to attack it. And so your immune system starts the whole process of building an immune response to that protein. And what happens is, because there's only 20, 21 depending on who you talk to, protein amino acids out there. So different combos make different Peptides and whatnot, they're eating a protein that's not broken down may stimulate your immune system to start recognizing you as foreign. And the classic one, the one that's been well researched and very well documented, is the protein in bread called Gluten. If Gluten crosses your, your gut barrier there via leak gut via higher Cortisol levels, Glutens attack. Because it's not recognized and that same bunch of immune system armies that sees the Gluten goes after your Thyroid, that has been very well linked up.

Warren Willey: [00:33:37](#) Autoimmune Thyroiditis, we call it Hashimoto's disease, can literally be cured if people get off gluten, we call them that army down, but that goes for, I mean there was just a research article in the Lancet Endocrinology, which is a European article on associating a Psoriasis and certain proteins, red meat in particular, and so and it's not that red meat's bad, it's just that if it's not broken down to its amino acid parts and peptides, larger groups of amino acids to slip into the system, it can stimulate the immune system, now start attacking the skin and people get Psoriatic skin lesions or they get Psoriatic Arthritis all from your food. So the reason I told you that big long story, so you can see, "okay, this is what the gut does. It's very important." Gut bacteria is involved in this because it also helps break foods down.

Warren Willey: [00:34:36](#) It regulates things and there's something called, I'm sure you guys are aware of the gut brain connection. There's a nerve called the Vagus nerve. Vagus stands for a wander because it's in different places and everybody, but that's a direct connection between your brain and your gut and your gut bacteria produce 90 percent of the Neurotransmitters in your body, so your brain only has 10 percent of the Serotonin Norepinephrine and Dopamine, Histamine, Acetylcholine, Tyrosine, all these different Neurotransmitters. Your gut has 90 percent of them. So via this Vagus nerves, they talk back and forth. Well, these same good bacteria that make that stuff. When you have a leaky gut or high cortisol levels start changing or even worse and more common, you're feeding these bacteria, McDonald's, processed foods, chemicals, toxins, and I like to relate gut bacteria with politicians, right? They're all scumbags, and what scumbag eat, every politician I know eat McDonald's 24 slash seven because scumbags eat crappy food while the same for your gut bacteria, gut back to bad gut. Bacteria eat crappy food. Good bacteria eat vegetables and fruit because that's where short chain fatty acids come from, which are the prebiotics, and so part of this I'm giving you so much healing the gut is your diet and but here's the catch 22, people that have gut issues or bloating or leaky bow when they try to eat vegetables usually feel worse, and that's because you pissed off the McDonald's eaters and they don't want that stuff. So they get fired up and people get bloated and stuff. So I usually suggest some short chain fatty acid supplements for 30 days for people with bad guts. Thorne research makes a good one called Arabinex, and you just do a scoop in water once a day and you start feeding your good bacteria. The next thing to do is get good bacteria.

Warren Willey: [00:36:42](#) And I don't, I've always been a fan of probiotics, but I've really started to shift away from that and just having people do natural probiotics in a homemade Yogurt, Kiefer, Kimchi, Sauerkraut, etc, rather than a

probiotic. But if you do a probiotic, it's best if you do what we call a poop test, the stool test to look at which bacteria you have and which ones you need. Then we can specifically prescribed the right probiotic for you. If that's not available, then starting with the good lactobacillus is a with some Bifidobacterium is probably your best bet to start, but the secret probiotics is never do the same one more than a month. Because it's just like humans ultimate power equals ultimate corruption. If you take the same probiotic more than a month, it will start taking over your system and you're not better anymore.

Warren Willey: [00:37:41](#) And how many people approximately on this phone call have said that? "Yes, I took probiotics, did great for a while. Now my gut instincts again." Well, I suggest you start by changing your probiotic. Oh, one more thing for gut health that I should add besides taking Arabinex like that. Fermented foods and this is what I do and I have almost everyone I know doing it and that's just doing a spoonful of Sauerkraut or Kimchi if you like South Korean food a day, just one tablespoon a day to maintain gut health. Does wonders. And if you like this stuff, put it on everything. You will be amazed how good your gut feels, if you decide to eat Sauerkraut with your lucky charms every morning. It's pretty wild. The other thing in that same line of thinking that's so important besides the good prebiotic, the good probiotic is supporting that single cell layer that separates you from the rest of the world in your gut.

Warren Willey: [00:38:44](#) And I mentioned this earlier, it is the best supplement for this. It's L-glutamine. L-glutamine actually nourishes and rebuilds that cell, single cell layer in your gut. And so let me give you a day of gut healing. Wake up in the morning, have a big spoonful of Kimchi or Sauerkraut, have some Yogurt with some fruit, some homemade Yogurt with some fruit or some Kimchi, or excuse me, some Kiefer, something in the morning for breakfast for gut health. Then have your eggs and bacon or whatever else you like to eat your protein, right? Then about two hours later when your stomach's empty, take five grams of L-glutamine in water. I like the powder. Just slam it down in water and do that at least two times, preferably three times throughout the day, five grounds of L-glutamine on an empty stomach to heal your gut, and really that is the most simple, basic gut healing program I could give you. Now, if of course, if I could study your poop, I could tell you a lot more detail. Like, are you absorbing your fats and proteins and is their markers of inflammation and all this stuff, but that is probably the simplest, easiest way to start on a path of good health. Gut health is that little regimen right there.

Warren Willey: [00:40:07](#) Boy, you shouldn't ask that question, dude. I think I like that topic.

Man 7: [00:40:13](#) That was good. Let's do the poop test.

Warren Willey: [00:40:15](#) Yes, the poop test is awesome. I'm telling you, if it wasn't so darn expensive, I would have everyone do it. It's an \$1,800 test. I get it for just a little over \$600 from my patients, but that's still expensive. Some day, it's going to be cheaper and everyone should have their poop analyze a lot of information there. Especially for people like me. Right? Buddy? I'm so full of shit. You learn all sorts of stuff.

Man 7: [00:40:46](#) I don't want to say anything.

Warren Willey: [00:40:47](#) Yes, I know. It's all good.

Rich Bradford: [00:40:51](#) Other questions?

Man 9: [00:40:53](#) Well, I had one related to the gut health because I had seen some mentioned, I won't call it research thing, but just say call it articles where they're saying that probiotics might actually be detrimental for your microbiome, but it might be related to what you were just mentioning or you don't want to take. Take one for more than a month. I'm not sure exactly what the source of the problems were that they were trying to identify.

Warren Willey: [00:41:19](#) That is exactly right, my friend. Two problems. One, if you take it longer than a month, it does take over. I mean literally it takes over and that's why I use the old ultimate power equals ultimate crushing. If they're taken over your gut, they're going to wipe out all the rest of your bacteria. You're going to lose all sorts of benefits. But two, that's where very specific probiotics, you can't just walk into Fred Meyers or Safeway and grab a probiotic off the shelf. I think it's going to do your wonders. The best analogy I have for that is, let's say you were diagnosed with makeup disease. Let's say you're diagnosed with Psoriatic Arthritis and we're going to put you on a medication. What if I laid out all the medications on a shelf in front of you and said, okay, pick one.

Warren Willey: [00:42:11](#) You see the inherent danger there, and because we in the medical world say, okay, I knew exactly which medicine I need for your Psoriatic Arthritis, because I know you, I know the interactions, reaction side effects, long term effects, short term effects of each of these medicines that I know before I prescribe it to you so I can individualize that treatment. If I just listed out a bunch of meds for you and said, "good luck, you're gonna kill yourself." And that's basically what they're saying with the probiotics out there is, if you don't know exactly which bacteria you're

lacking or which ones you may need, you may take when you don't, that actually could be detrimental to you and that's where that paper you read and stuff is coming from. And a lot of people in the gut health world are shifting from oral probiotics unless you have a study of your own microbiome done to see what you're lacking.

Warren Willey: [00:43:10](#) So good question. You know, I haven't taken him for years now just because I've been concerned for a while and we do all our own homemade Yogurt. That's my favorite homemade. We make Kombucha my house. But I have to admit that the kids like the store bought Kombucha better than the ones I try to make, minor a little tangy. I just put vodka in mind, then it's fine, but I can't do that with the kids. So how's that for gut health? Kill it with a little vodka and then fix it with Kombucha. Brilliant. Anyway, so that's what I liked the natural sources to keep your gut healthy. But then again, the L-glutamine, a spoonful of Kimchi or Sauerkraut a day, that's where every one of us should start. If we're worried about our gut.

Man 9: [00:44:08](#) Yogurt is good for your gut?

Warren Willey: [00:44:08](#) Yes, you know, you want to get a specific brand, it'll say live cultured yogurt. Here's what the studies are showing about that you guys will crack up at. This is their estimated that 92, almost 100 percent of the live cultured yogurt by the time you take it off the shelf and take it home is dead. So that's why I liked the homemade stuff better. There are so many places now you can buy the seeds. And what I try to do, and this is what we do, most of you guys or gals know Jared, my dietician, he finds out in his visit with patients as do I, who makes her own homemade stuff. And then I may say, "hey, Mrs. Jones, can I do use your stuff for, to start a new batch for me? And just trade amongst friends that different starters. And now you're getting all sorts of variety of bacteria. Yes, I think that's a much better thing than store bought and especially, what's that?

Man 9: [00:45:20](#) So that's like friendship bread, where you know, you keep a little bit of the bread. It aside and you share it with other people and eventually it gets kind of spread all over.

Warren Willey: [00:45:28](#) Exactly. Yup. Absolutely right. That's good. Gut health is so important. You know, people come to me all the time for hormones and I tell them I can do your hormones we got to make sure your gut is working well because a lot of the hormonal breakdown process into active constituents of hormones occurs in the gut. So very important.

Rich Bradford: [00:46:08](#) More questions?

Man 9: [00:46:09](#) I have a whole bunch but I don't want to keep asking what I saw before.

Warren Willey: [00:46:16](#) I think you're all right buddy. If anyone else does go for it.

Man 9: [00:46:20](#) What's that about delayed eating technique?

Warren Willey: [00:46:23](#) Oh sure. DET dieting now famously or infamously called intermittent fasting.

Man 9: [00:46:30](#) Intermittent fasting. I don't know if you want, you want to talk about in general, but I had to, like, I was reading something where the, I think it was talking about it called intermittent fasting, but you know delayed eating technique whenever you want to call it, where they were pinpointing some benefits, at 24 hours, right? Where, and I don't know if it's because it's because of where it puts your insulin level at, but you know, like the sweet spot as it starts to, it starts around like 16 hours of not eating, you know, or you reduce your window to like 6 to 8 hours a day of the day. We're also showing some significant benefits up to 24 hours. I don't know that that's ever recommended for somebody to really fast for a day?

Warren Willey: [00:47:18](#) Sure. Great question. I'll give you the whole spiel. So first and foremost, okay, I won't give you the whole spiel. We won't be here all night, but, first and fasting is so good for your body. It resets so many things. It improves insulin sensitivity is start in all tissues. The 16 hour marks kind of questioned some, most people's authority say five or six hours, and your insulin sensitivity is increased in your liver and your muscles. Fat may take a little longer to increase insulin sensitivity. The fat burning hormones, Glucagon, which is influence antagonists, goes up. So you actually started utilizing fat more often after fasting. The Thyroid works better. You have an increase in T3 receptor availability with fasting. So your thyroid function works better. I mean, I could go on and on with the list of why it's a good idea to fast.

Warren Willey: [00:48:17](#) The fear has been, well, I fast too much, I'm going to lose muscle. My body will start burning muscle. We kind of mentioned that earlier. We talked about Glutamine being used as a sugar source, unless it's in your diet, what the good studies have shown that really doesn't happen till roughly 90 hours. If you fast more than 90 hours, you get into some major metabolic breakdown. So shorter fast, intermittent fast, that delayed eating technique of 8, 10, 12, 16 hours may be of great benefit for people that have issues with those hormones for one. If you come at it from strictly a

caloric intake side, the argument would be, well, okay, I fast for 16 hours, that means I only have 8 hours to stuff my face. And therefore my total caloric load will be lessened. I don't really agree with that because I've seen how much some people can eat and eight hours. I go more with the hormonal response to the fasting versus what happens during those eight hours of eating.

Warren Willey: [00:49:25](#) But I think it can be very beneficial. And I suggest DET dieting for anyone who has hormonal issues, high cortisol levels, everything I talk about in my book is obtainable. That's why the eating plans in there are based on DET dieting. One version of it is because that just resets the hormones. That helps heal the gut. It does all these things to benefit you. And that's why I'm a big fan of it. It's not new. Intermittent fasting is a bit around. Like I said, we call it a DET dieting in the early 90s and basically we would just skip breakfast and lunch, train real hard and then just eat as much as you could until you went to bed at night. And believe it or not, it was actually a chapter in [Better Than Steroids](#), but I took it out because it was too long, so I just stuck with the four basic eating plans: keto, zigzag, modified carb, drop an isocaloric or isonutrient in [Better Than Steroids](#).

Warren Willey: [00:50:26](#) So it's not a new thing. There's actually a ton of research on it out there. But it's just becoming more and more popular because people like fads, I guess. But it'll kind of slow down and disappear. But those of us who understand its physiological mechanisms will still be prescribing.

Woman 1: [00:50:45](#) A quick question about fasting. How would somebody with Hypoglycemia, fast?

Warren Willey: [00:50:55](#) Oh, great question. So we have to understand that has to be. I'm trying to think of the best way to put this. There's true Hyperglycemia where blood sugar goes above 60. And the funny thing about that is that's even not that sensitive because some people, when their blood sugar hits 90, they feel like how can I handle this so but 60 is the official Hypoglycemic term. Most people with hypoglycemic episodes have normal blood sugar when they feel that way, what happens is they have a higher insulin release, so they're mildly insulin resistant or they're hyper incidence of hypoglycemia and higher insulin levels.

Warren Willey: [00:51:40](#) No matter what the blood sugar will do, if you're not eating will stimulate the sympathetic nervous system to fire your body goes into holy shit mode and you have a rapid heart rate. You're anxious, you're sweating, you're nauseous, you're dizzy because your body's telling you to eat. The problem with that is it's very hard to distinguish, is it truly low blood sugar or

is it a Sympathomimetic response from elevated insulin? That being said, if it is the former, if it is true Hypoglycemia, intermittent fasting is probably not a good idea because your blood sugar will drop too low and you will not feel good. If it's the other, if it's more of a sympathy, my medic or sympathetic nervous system response to higher insulin levels, then the treatments on the insulin levels using cinnamon, using berberine, using a few supplements like that are using branched chain amino acids in powder form and drinking them throughout your fast, rather than eating, we'll all keep insulin at bay and you won't have those symptoms. Does that makes sense, Carrie?

Man 9: [00:52:54](#) Good. Just to add to that, I did the shows and all that, I did that a lot, you know, I fasted a lot. I had that issue also by the way, but I did what you told me your amino acid or amino drink before and after my workout and it was excellent. It was totally fine and some days I could wait until 1:00 in the afternoon if I didn't eat all day. I was fine. It was really interesting. I think the first couple of days, I think more mentally it started to kind of weigh on me, but after a while I really never had an issue with that at all and actually I felt way better. Just to add to Carrie.

Warren Willey: [00:53:45](#) Awesome. I have a lot of my clients go to a drugstore and get a little Glucometer, little thing where you prick your finger and check your blood sugar. If you fill your that way because that's an easy, simple and cheap way to tell if you're a version one or version two of that Hypoglycemia described, but it's also good if you want to see if you have an insulin problem because there's a test I mentioned in Obtainable, which I think everyone should do and follow and that's do one hour postprandial sugar load. In other words, eat a big meal or eat your regular meal and one hour later check your blood sugar. If it's not under 140, either you ate a lot of pasta or you're mildly insulin resistant. It's one of the earliest, simplest way to start a workup and have me see or someone to start saying, okay, let's see if there is an issue here, or did you just really eat too much pasta?

Warren Willey: [00:54:40](#) I just this morning had a patient. I have a couple patients that we're trying to figure out that do that. She kept a log of all her one hour postprandial or which means after eating blood sugars over a couple of weeks and she had one right in the middle. I think it was on the 6th of October where her blood sugar was 160 an hour after she ate and I emailed her back and I said, "what exactly did you eat?" Because all the rest were normal, although rest were under 140. What did you eat that night? And she wrote back, "ha ha, ha ha. My italian mother was a mother in law was in town and we had the biggest pasta dinner I've ever eaten."

And that's why I laugh. Okay. "You either a lot of pasta or you have an issue." Because her only time,

Warren Willey: [00:55:26](#) And that's need to see because the other power in that is okay, if I eat pasta, I need to be really aware of this. Right? and I think it gives people power to understand what food does to them by doing that simple little trick. And you, by doing that, you can start food combining. Maybe I need more protein. What I do have carbs, keep my blood sugars lower, or maybe that particular meal was too easily absorbed. Maybe it was some, um, you know, like it was rice that you cook too long so it's immediately absorbed versus rice that you only could for five minutes and it's absorbed slowly. That changes the Glycemic load of it. It's a neat little test to do and I encourage everyone to do it once in a while just to get an idea how your body's responding to your food. Any questions on that?

Man 10: [00:56:30](#) You called it a dieting technique, but I think like in your book it seems more like it's a, let's say a sustained way of eating that's between, that had different to MCDs where you would either go from like, you know, three days of that and then two days of regular three meals a day for five and five and two or six and one depending on how, what you really need it. But that it isn't that it's, I think of dieting as something that maybe I'm using the thing about the term incorrectly, but think about this as something that you do short term, not long term, right? Maybe that's the fact it definitely [57:16](#) [inaudible]. But it's something that you would recommend more sustained life decision, life choice kind of way to eat?

Warren Willey: [00:57:24](#) I do. I use dieting to figure out how you should eat the rest of your life because I agree with you semantically speaking, the word diet means short term and I think that's intuitive if not natural to most people or I'm on a diet and therefore they see the end of the tunnel. They know they can get out of it someday and go back to their bond bonds and twinkies. And so I use dieting. The different types of quito runs, the intermittent fasting or DET dieting, the isonutrients, whatnot, to help you figure out where you, one, function best. Two, maintain fat loss or fat percentage to best. Three, maintain your lean mass the best. Four, your quality of life's good. Use those dieting techniques to figure out what you need to do the rest of your life. And I think, and you guys all know this because I've shared this, I live on a five to two modified carb drop. Monday through Friday. I do not eat any carbs saturday and sunday I can do what I want. Every once in awhile I'll do some intermittent fasting. More than more, because my schedule's crazy. Like let's say this Thursday's a great rate example. I lecture all Thursday morning and I'm not going to have a chance to eat. So rather than being sitting around pissed off that I can't eat, I'm planning ahead. Okay, I'm

not going to eat until three and then I'll be fine with it. So I use that as part of my lifestyle. So yes, that's a great point there, my friend. It's a diet to me semantically as short term, but use those diets to figure out what works for you long term.

Rich Bradford: [00:59:15](#) We don't want to keep it too long, Warren. I know you're getting one of the things to do too, but the last question for Warren, anybody?

Warren Willey: [00:59:24](#) We can do this honestly as often as you want. My schedule is really allowed me a lot more freedom and Monday nights are great. A matter of fact. We're good. I picked up my boy. Oh, 15 minutes from Taekwondo, so I'm good. This is perfect.

Rich Bradford: [00:59:39](#) Okay. Yes, because we will definitely to talk to you again about the holiday eating. I don't have an issue with that, but some of the other people might. Have a really good test for you on the low blood sugar, you know, just said. Do you have a test the high blood sugar. I have a good one for the low blood sugar and my wife does it when I'm being a jerk and she tells me to eat so it works great.

Warren Willey: [01:00:11](#) There you go. Yes.

Man 9: [01:00:12](#) Yes. I think what occurs as a commercial about that. Snickers commercials. Oh yes.

Warren Willey: [01:00:23](#) I think if I know everyone and everyone's face. I see her names, I see on most of us are, if not all of us are parents, and one of the best words of advice I got from a sweet little lady years ago, she said, "listen, the only reason your kids cry is if they're tired or hungry." And I've taken that and applied that now too everyone I meet. The only reason people are asses is if they're tired or hungry. So it's a good way to look at life. Oh man, you need a nap for here, sir. Have this protein bar, right? And some people they need to go take a nap and eat the protein bar.

Rich Bradford: [01:01:12](#) Well thanks, Warren. We'll get you back on here again and so you can send that link if you guys have questions for Warren, if you let me know through Slack, I can contact Warren and you can answer if he had something he didn't want to ask in front of everybody here.

Warren Willey: [01:01:25](#) Absolutely.

Man 9: [01:01:26](#) And I will share my page, Google doc with you, Rich. That has all my questions.

Warren Willey: [01:01:32](#) Awesome. On that note, I'll get this recording done and email it out to you all as well.

Man 9: [01:01:46](#) Thank you, Warren. And also, so most of you guys know that we're going to be starting our book study on Warren's a really new book, Obtainable, so most of you guys already have it now, but if you don't, you want one, let me know because we're going to start that next week. So I'll have questions on your book and it will attest Warren, so maybe you can see if you can pass your own tests.

Warren Willey: [01:02:07](#) Okay. It's a deal. I love it.

Man 9: [01:02:11](#) So. Alright, well thank you very much. Thank you everybody. Thank you.

Warren Willey: [01:02:15](#) Thanks guys. Have a good night. Bye bye. Thank you.

Warren Willey: [01:02:20](#) Well, I hope you got some great information from that podcast on protein and gut health. Go to my website, drwilley.com. D-R-W-I-L-L-E-Y.com. If you have any questions, want to email me. If you're interested in setting up a similar webinar type, we do the zoom platform, setting up your webinar with your friends, families, colleagues, whatnot, or we just sit and talk. I'll take any question you can throw at me in the health, fitness, exercise, nutrition, autoimmune disease, preventative medicine. You name it. I love it. Bring it on. We can have a great time. If you're interested, go to my website, shoot me an email and I'll have some information sent to you. Until next time, remember RecoverMe medicine. We meet you where you are. I can't change your stressors, but I can certainly help your body in mind deal with them. Until next time.

HIGHLIGHTS:

[03:15](#) Protein, just as a refresher, again contains four calories per gram, so if you 10 grams of protein, you get roughly 40 calories from it and proteins are made up of amino acids, of which there's essential, nonessential and what we call semi essential, essential amino acids. You have to get in your diet, a nonessential amino acids your body can make from other amino acids. And then similarly essential amino acids, probably the most well known ones called Glutamine. Glutamine is a primary, amino acid in the muscles. And if you're a weight lifter, heavy exerciser construction worker, heavy worker of some sort, then Glutamine becomes semi-essential

because you burned it all up. Your livers very quick to tell your biceps to give up its Glutamine so it can turn it into sugar to feed your brain.

[10:33](#) Kidney damage. Poor bone health, increased cancer risk and heart disease. Those are the big four protein arguers

[16:05](#) my recommendation is all one to one point two gram per pound. Because you're not in kidney failure. So the RDA recommended dietary allowances for protein is .8g per kilo. So it's a very small amount compared to what we usually suggest in the world of fitness, weight loss, recovery, etc.

[19:22](#) general recommendation is you want to drink constantly while exercising. And then while you're up and awake, try to take a good swig of water every 15 minutes and it seems following osmolality studies in your urine, which we do hear that that is an adequate amount. You're not dehydrated, you're not over hydrated. And really that's all your body needs. Now, some people like to drink more drinking cold water, loge changes your appetite. Some people feel better when they drink more water. So again, that's back to that individualization of health. Do what's best for you, but at the very least, I suggest that drink of water every 15 minutes while awake. The simplest way to do it.

[28:59](#) I take a pen and I put it on my forearm and run it up my forearm into my mouth and then pretend I've never lift the pen as I go through that whole tube called the gut until I come out the other side.

And that's just to emphasize that that tube is outside your body and because of that, your immune system, 80 percent of your immune system and lymphatic tissue surrounds that too.

[31:20](#) Your body, if your gut is functioning well, these sugars, fats, and amino acids are being absorbed and your immune system leaves them alone. They say, "oh yeah, that's supposed to be here. That's feeding me." When the gut gets broken down, and again, I've said this and I'll say it again, the number one reason for gut breakdown is high cortisol levels, so stress. Then your entire tube doesn't work as well because the salivary enzymes, the pancreatic enzymes, the bile, the way the stomach churns, or let's say you're taking a bunch of antacids because you have reflect. So now you don't break down protein at all, so larger than amino acid proteins called Peptides. So you have amino acids and Peptides, that whole Proteins, these Peptides that aren't broken down into their individual amino acid constituents slip across that leaky gut into the immune system and the immune system sees it and goes, "wait a minute, I don't recognize that protein that is a foreigner" and it, because it's not been trained in Thymus bootcamp that that is okay, it attacks it. Well, just like any good military, if you have an enemy, you don't just attack, you build up a full army to attack it.

[37:32](#) If you take the same probiotic more than a month, it will start taking over your system and you're not better anymore.

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